

DINNERLY



Caribbean-Rubbed Pork Steaks with Creamed Corn and Buttered Cabbage



30 minutes



2 Servings

Combine homemade creamed corn, buttery cabbage and juicy pork steak seasoned with warming spices for crowd-pleasing comfort food.

WHAT WE SEND

- 1 corn cob
- 200g cabbage
- 1 onion
- 2 chicken-style stock cubes
- 5g Caribbean seasoning ¹⁷
- 2 pork loin steaks

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 200ml boiling water
- 1 tbs olive oil
- 2 tsp plain flour ¹
- 2 tbs milk ⁷
- 20g butter ⁷

TOOLS

- medium saucepan
- medium frypan
- paper towel

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 590kcal, Fat 30.6g, Carbs 31.2g, Proteins 43.5g



1. Prep ingredients

Discard the husk and silks from the **corn**, then slice the kernels from the cob. Thinly slice the **cabbage**. Thinly slice the **onion**. Crumble 1 **stock cube*** into a heatproof jug, add **200ml boiling water** and stir to dissolve.



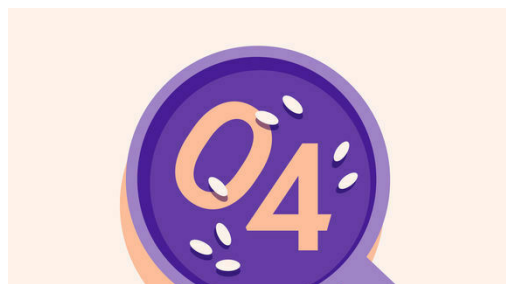
2. Make creamed corn

Heat **2 tsp olive oil** in a medium saucepan over medium heat. Cook **onion**, stirring, for 5 mins or until softened. Add the **corn**, season with **salt and pepper** and cook, stirring, for 3 mins. Add **2 tsp plain flour** and cook, stirring, for 1 min or until golden. Add the **stock** and **2 tbs milk** and bring to the boil. Reduce heat to medium and cook for 10 mins or until thickened.



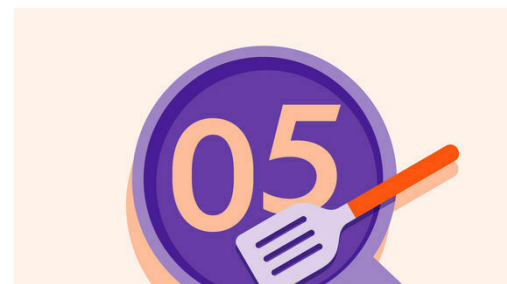
3. Pan-fry pork

Meanwhile, combine the **Caribbean seasoning** and **2 tsp olive oil** in a large bowl and season with **salt and pepper**. Add the **pork** and turn to coat. Heat a medium frypan over medium-high heat. Cook the pork for 3-4 mins each side until browned and cooked through (see Kitchen 101). Remove from the pan and rest for 4 mins.



4. Cook buttered cabbage

Allow the same pan to cool slightly, then wipe clean with paper towel. Melt **20g butter** in the pan over medium heat. Add the **cabbage** and season generously with **salt and pepper**. Cook, stirring, for 3 mins or until wilted. Remove the pan from the heat.



5. Serve up

Divide the **pork**, **buttered cabbage** and **creamed corn** among plates. Enjoy!



6. Kitchen 101

Pork is at its tender and juicy best when it's cooked to medium, so don't be afraid of a little colour. Gone are the days when we cooked pork all the way through until white (and bone dry); nowadays, it's completely safe – and tastier – to eat pork with a hint of blush pink in the middle.